

AMERICAN FIGHTING ARTS FEDERATION
Yellow Belt Requirements

1. HOURS: 20 (*CLASS PARTICIPATION PLUS REPORTED PRACTICE)
2. TESTING FEE: \$35.00
3. AVERAGE NO LESS THAN 2.5 CLASSES PER WEEK
4. CLEAN UNIFORM WITH SCHOOL PATCH (ALL TESTS)
5. TERMS YOU SHOULD KNOW:
 - A. KARATE - EMPTY HAND
 - B. CHARYUT - ATTENTION
 - C. KYUNG NE - BOW
 - D. SHO - AT EASE
 - E. TANG SOO DO - ART OF THE KNIFE HAND
 - F. JUN BI - READY POSITION
 - G. PARRO - RETURN TO READY POSITION
 - H. KIAI - SHOUT TO ATTAIN MAXIMUM TENSION AT IMPACT
6. KATA:
 - A. BASIC FORM # 1: GIECHO HYUNG IL BU
 - B. PEE WEE (4-6) JRS. (7-12): KAMSAH
7. STANCES:
 - A. READY/JUN BI STANCE
 - B. FORWARD STANCE
 - C. BACK STANCE
 - D. FIGHTING STANCE
 - F. STRADDLE LEG STANCE
8. TURNS WITH FULL HIP ACTION ON BLOCKS:
 - A. 1/4 TO LEFT
 - B. 1/2 TO RIGHT
 - C. 3/4 TO LEFT
9. REQUIRED COMBINATIONS: SET 1
10. BASIC HAND TECHNIQUES:
 - A. SEVEN STRIKING PARTS OF HAND
 - B. PROPER METHOD OF PUNCHING
 - C. PROPER FOCUS
 1. HIGH PUNCH
 2. CENTER PUNCH
 - D. REVERSE PUNCH
 - E. STEPPING HIGH PUNCH
 - F. STEPPING CENTER PUNCH
 - G. BACK FIST
 - H. LUNGING BACK FIST
 - I. JAB
 - J. STEPPING JAB
11. BASIC BLOCKS: (IN BACK STANCE WITH REVERSE PUNCH TO FORWARD STANCE)
 - A. HIGH BLOCK
 - B. LOW BLOCK
 - C. KNIFEHAND BLOCK
 - D. INSIDE BLOCK
 - E. OUTSIDE BLOCK
 - F. 12 MOVEMENTS
12. BASIC KICKS:
 - A. FIVE STRIKING PARTS OF FOOT
 - B. STANDING FRONT KICK, SLIDE-UP FRONT KICK, STEPPING FRONT KICK
 - C. STANDING SIDE KICK, SLIDE-UP SIDE KICK
 - D. STANDING ROUND KICK, SLIDE-UP ROUND KICK
13. DEFENSE AGAINST GRABBING TECHNIQUES:
 - A. DOUBLE LAPEL GRAB (BULLDOG)
 - B. SINGLE LAPEL GRAB (ARM BAR)
 - C. BEAR HUG OVER ARMS
 - D. HEAD LOCK
14. 6 WHITE BELT BASICS
15. ATTITUDE/CODE OF ETHICS (6)

AMERICAN FIGHTING ARTS FEDERATION
Purple Belt Requirements

1. HOURS: 20 MINIMUM (AFTER PASSING YELLOW BELT TEST)
2. TESTING FEE: \$35.00
3. AVERAGE NO LESS THAN 2.5 CLASSES PER WEEK
4. TERMS YOU SHOULD KNOW:
 - A. DAN - BLACK BELT RANK
 - B. DORA - TURN
 - C. GUP - RANK LESS THAN BLACK BELT
5. KATA:
 - A. ADVANCED FORM # 2: GIECHO HYUNG YI BU SANG GUP
 - B. PEE WEE & JRS. - BASIC FORM # 1: GIECHO HYUNG IL BU
6. BASIC HAND AND ARM STRIKES:

A. STEPPING REVERSE PUNCH	E. FINGER STRIKES (ADULTS ONLY)
B. STEPPING SIDE PUNCH	F. ELBOW STRIKES (6 BASIC)
C. SPINNING BOTTOM FIST	G. REINFORCED CHOPS
D. PALM STRIKES	
7. BASIC KICKS - FRONT KICK: FIVE PHASES JUMP KICKS
8. (6) SINGLE COUNTER COMBINATIONS
9. DEFENSE AGAINST GRABBING TECHNIQUES:
 - A. SHOULDER GRABS
 - B. (4) CHOKE ESCAPES FROM FRONT
10. JUNIORS - FALLING
 - A. FORWARD
 - B. BACKWARD
 - C. FORWARD SHOULDER ROLL (ROLLING)
11. REQUIRED COMBINATIONS: SET 1
12. ATTITUDE/CODE OF ETHICS (8)

AMERICAN FIGHTING ARTS FEDERATION
Orange Belt Requirements

1. HOURS: 40 MINIMUM (CP & RP)
2. TESTING FEE: \$35.00
3. AVERAGE NO LESS THAN 2.5 CLASSES PER WEEK
4. KATA:
 - A. BASIC FORM # 3: GIECHO HYUNG SAHM BU
 - B. PEE WEE & JRS. - ADVANCED FORM # 2: GIECHO HYUNG YI BU SANG GUP
5. BASIC BLOCKS MOVING FORWARD & BACKWARD ACROSS MAT
6. COMBINATIONS OF BASIC HAND STRIKES AND BLOCKS
7. REQUIRED COMBINATIONS: SET 2
8. TWO KICK COMBINATIONS:
 - A. FRONT AND ROUND
 - B. FRONT AND SIDE
 - C. FRONT AND BACK
 - D. ROUND AND SIDE
 - E. ROUND AND BACK
 - F. SIDE AND BACK
9. 6 BASIC TECHNIQUES (OFFENSIVE AND DEFENSIVE)
10. 5 BASIC ONE-STEP ATTACKING TECHNIQUES
11. BASIC COMBINATION DRILLS (BY COMMAND) (OFFENSIVE)
 - A. SLIDE-UP JAB, REVERSE PUNCH
 - B. LUNGING BACK FIST, REVERSE PUNCH
 - C. LUNGING REVERSE PUNCH (DIVE BOMB)
 - D. LUNGING JAB
 - E. LUNGING JAB, REVERSE PUNCH
 - F. FRONT KICK, JAB, PUNCH
 - G. ROUND KICK, CHOP, PUNCH
 - H. SIDE KICK, BACK KNUCKLE, PUNCH
 - I. BACK KICK, BOTTOM FIST, PUNCH
12. DEFENSE AGAINST GRABBING TECHNIQUES (4)
 - A. TWO HAND CHOKE FORM BEHIND
 - B. ONE ARM CHOKE FROM BEHIND
 - C. QUICK RELEASES
 - D. HAIR GRAB (FRONT)
13. ATTITUDE/CODE OF ETHICS (10)

AMERICAN FIGHTING ARTS FEDERATION
7th Blue Belt Requirements

1. HOURS: 40 MINIMUM (CP & RP)
2. TESTING FEE: \$35.00
3. AVERAGE NO LESS THAN 2.5 CLASSES PER WEEK
4. KATA:
 - A. UFAF I
 - B. PEE WEE & JRS. - BASIC FORM # 3: GIECHO HYUNG SAHM BU
5. PAD DRILLS - HAND COMBINATIONS
6. BO STAFF BASIC BLOCKING:
 - A. HIGH BLOCK
 - B. LOW BLOCK
 - C. OUTSIDE BLOCK
 - D. REVERSE LOW BLOCK
7. BO STAFF BASIC STRIKING:
 - A. LUNGING STRIKE
 - B. DOWN STRIKE
 - C. SIDE STRIKE
 - D. REVERSE SIDE STRIKE
 - E. UP STRIKE
 - F. OVERHEAD STRIKE
8. 5 INTERMEDIATE ONE-STEP ATTACKING TECHNIQUES
9. ATTACKING TECHNIQUES
10. REQUIRED COMBINATIONS: SET 2
11. FLYING KICKS:
 - A. FRONT KICK
 - B. REGULAR SIDE KICK
 - C. SPINNING SIDE KICK
12. JUMP KICKS: PHASE 1-5 ROUND KICKS
13. 6 DOUBLE COUNTER TECHNIQUES
14. ATTITUDE/CODE OF ETHICS (12)

AMERICAN FIGHTING ARTS FEDERATION
6th Green Belt Requirements

1. HOURS: 40 MINIMUM (CP & RP)
2. TESTING FEE: \$35.00
3. AVERAGE NO LESS THAN 2.5 CLASSES PER WEEK
4. KATA:
 - A. UFAF II
 - B. PEE WEE & JRS.: UFAF I
5. REVIEW OF BASICS AT RANDOM
6. ONE-STEP PUNCHING - 5 ADVANCED ONE-STEP TECHNIQUES
7. ATTACKING TECHNIQUES: HANDS & FEET
8. REQUIRED COMBINATIONS: SET 3
9. JUMP KICKS: PHASE 1-5 CRESCENT KICKS
10. MOHAMMED BASTONE ANA-ISA (BO FORM)
11. DEFENSE AGAINST STICK (4)
12. FREE FIGHTING
13. GROUND FIGHTING TECHNIQUES (3)
14. ATTITUDE/CODE OF ETHICS (12)

AMERICAN FIGHTING ARTS FEDERATION
5th Green Belt Requirements

1. HOURS: 40 MINIMUM (CP & RP)
2. TESTING FEE: \$35.00
3. AVERAGE NO LESS THAN 2.5 CLASSES PER WEEK
4. KATA:
 - A. UFAF III
 - B. PEE WEE & JRS.: UFAF II
5. REQUIRED COMBINATIONS: SET 3
6. ONE-STEP ATTACKING TECHNIQUES (ALL 15 ONE-STEPS {LEFT & RIGHT SIDE})
7. ATTACKING TECHNIQUES:
 - A. INITIAL STARTS (3 TECHNIQUES MINIMUM)
 - B. HAND TECHNIQUES ONLY
 - C. FOOT TECHNIQUES ONLY
8. JUMP KICKS: PHASE 1-5 SIDE KICKS
9. FREE FIGHTING
10. JUDO THROWS:
 - A. IPPON SEONAGE
 - B. MOROTE SEONAGE
 - C. KASA-KATAME
11. ATTITUDE/CODE OF ETHICS (12)

AMERICAN FIGHTING ARTS FEDERATION
4th Brown Belt Requirements

1. HOURS: 40 MINIMUM (CP & RP)
2. TESTING FEE: \$50.00
3. AVERAGE NO LESS THAN 2.5 CLASSES PER WEEK
4. KATA:
 - A. PYONG AN SAHM DAN
 - B. PEE WEE & JRS.: UFAF III
5. REQUIRED COMBINATIONS: SET 4
6. ONE-STEP ATTACKING:
 - A. 15 REQUIRED
 - B. 5 MADE UP
7. ATTACKING TECHNIQUES WITH & WITHOUT A PARTNER:

<ol style="list-style-type: none">A. CLOSE PURSUIT<ol style="list-style-type: none">1. ALL HANDS2. ALL KICKS3. COMBINATION OF HANDS & FEET	<ol style="list-style-type: none">B. JAMMING & SIDE STEPPINGC. SWEEPINGD. COUNTER MOVES
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8. CRESCENT KICKS:

<ol style="list-style-type: none">A. OUTSIDEB. INSIDE	<ol style="list-style-type: none">C. SPINNINGD. JUMP SPINNING
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9. HOOK KICKS:
 - A. STANDING
 - B. SPINNING
 - C. JUMP SPINNING
10. FREE FIGHTING
11. CHOKE HOLDS (3):
 - A. SLEEPER (PUSH/PULL)
 - B. ONE ARM SLEEPER (DEFENSIVE)
 - C. FACE LOCK (DEFENSIVE)
12. ATTITUDE/CODE OF ETHICS (12)

AMERICAN FIGHTING ARTS FEDERATION
3rd Brown Belt Requirements

1. HOURS: 40 MINIMUM (CP & RP)
2. TESTING FEE: \$50.00
3. AVERAGE NO LESS THAN 2.5 CLASSES PER WEEK
4. KATA:
 - A. PYONG AN SA DAN
 - B. PEE WEE & JRS.: PYONG AN SAHM DAN
5. REQUIRED COMBINATIONS: SET 4
6. ONE-STEP ATTACKING TECHNIQUES (5 MADE UP {LEFT & RIGHT SIDE})
7. THREE-STEP PUNCHING TECHNIQUES
8. MULTIPLE ATTACK DEFENSE (4)
9. FREE FIGHTING:
 - A. OFFENSIVE
 - B. DEFENSIVE
 - C. DEFENSIVELY AGGRESSIVE
10. TAKEDOWNS (DEFENSIVE)
 - A. ROUND KICK
 - B. BACK KICK
 - C. HOOK KICK
11. LEG SWEEPS (4)
12. KNIFE DEFENSE (EMERGENCY SITUATION ONLY)
13. ATTITUDE/CODE OF ETHICS (12)

AMERICAN FIGHTING ARTS FEDERATION
2nd Red Belt Requirements

1. HOURS: 40 MINIMUM (CP & RP)
2. TESTING FEE: \$50.00
3. AVERAGE NO LESS THAN 2.5 CLASSES PER WEEK
4. KATA:
 - A. PYONG AN OH DAN
 - B. PEE WEE & JRS.: PYONG AN SA DAN
5. REQUIRED COMBINATIONS: SET 5
6. ALL ONE-STEP & THREE-STEP ATTACKING TECHNIQUES
7. AX KICK
8. JUMP KICKS (ALL PREVIOUS)
9. FLYING KICKS:
 - A. FRONT
 - B. ROUND
 - C. SIDE
10. GUN DEFENSES (EMERGENCY SITUATIONS ONLY)
11. AIKIDO TECHNIQUES (4)
12. FREE FIGHTING (2 ROUNDS)
13. REVIEW OF ALL PREVIOUS TECHNIQUES
14. ASSISTANT TEACHING HOURS (20 MINIMUM)
15. ATTITUDE/CODE OF ETHICS (12)

AMERICAN FIGHTING ARTS FEDERATION
1st Red Belt Requirements

1. HOURS: 40 MINIMUM
2. TESTING FEE: \$50.00
3. AVERAGE NO LESS THAN 2.5 CLASSES PER WEEK
4. CLEAN TRIMMED UNIFORM WITH SCHOOL PATCH & AMERICAN FLAG ON LEFT ARM
5. KATA'S:
 - A. GIECHO HYUNG IL BU - BASSAI
 - B. PEE WEE & JRS.: PYONG AN OH DAN
6. REQUIRED COMBINATIONS: SET 5
7. REVIEW ALL PREVIOUS MATERIAL
8. ALL ONE-STEP & THREE-STEP ATTACKING TECHNIQUES
9. ALL KICKS:
 - A. BASIC
 - B. JUMP (5 PHASES)
 - C. SPINNING
 - D. FLYING
10. ALL GRABBING TECHNIQUES
11. ATTACKING TECHNIQUES
12. FREE FIGHTING (3 ROUNDS - 1 MINUTE EACH)
13. ASSISTANT TEACHING HOURS (40 MINIMUM)
14. ATTITUDE/CODE OF ETHICS (12)

AMERICAN FIGHTING ARTS FEDERATION

Black Belt Requirements

1. HOURS: 60 MINIMUM (ONE YEAR TRAINING AS BLACK BELT FOR 1ST DEGREE)
2. TESTING FEES: \$200.00
3. AVERAGE NO LESS THAN 2.5 CLASSES PER WEEK
4. CLEAN TRIMMED UNIFORM WITH SCHOOL PATCH & AMERICAN FLAG ON LEFT ARM
5. KATAS:
 - A. GIECHO HYUNG IL BU - BASSAI
 - B. PLUS DESIGN FORM FOR 1ST DEGREE
6. REVIEW OF ALL BASICS BY COMMAND:

A. STANCES	D. BLOCKS	
B. STRIKES	E. CHOPS	
C. PUNCHES	F. ELBOW COMBINATIONS	
7. BASIC & ADVANCED KICKS BY COMMAND:

A. FRONT	C. SIDE	E. CRESCENT
B. ROUND	D. BACK	F. HEEL
		G. AX
8. REQUIRED COMBINATIONS: SET 1 - 5
9. ONE-STEP & THREE-STEP PUNCHING
 RIGHT 1__2__ LEFT 1__2__ THREE 1__2__
10. SELF DEFENSE (5 TECHNIQUES)

A. FRONT ATTACK	C. REAR ATTACK	E. RIGHT SIDE
B. LEFT SIDE	D. GROUND ATTACK	
11. JUMP KICKS WITH ONE-STEP & FOLLOW-UP TECHNIQUES:

A. JUMPING FRONT R__L__	E. JUMP SPINNING CRESCENT R__L__
B. JUMP SPINNING ROUND R__L__	F. JUMP SPINNING HEEL R__L__
C. JUMP SPINNING SIDE R__L__	G. JUMP SPINNING AX R__L__
D. JUMP SPINNING BACK R__L__	H. FLYING SIDE (RUNNING) R__L__
12. ATTACKING TECHNIQUES WITH & WITHOUT A PARTNER:

A. ALL HANDS	B. ALL KICKS	C. COMBINATION OF BOTH
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13. FREE FIGHTING (THREE 2 MINUTE ROUNDS)

A. ATTACKING	D. JAMMING	G. COMBINATIONS
B. COUNTERS	E. SIDE STEPPING	H. FIGHTING ATTITUDE
C. FAKES	F. SWEEPS	
14. ATTITUDE/CODE OF ETHICS (12)
15. ASSISTANT TEACHING HOURS (40 MINIMUM) (75 FOR 1ST DEGREE)
16. WRITTEN & ORAL EXAM
17. ESSAY ("WHAT KARATE HAS MEANT TO ME")

VIRGIL DAVIS KARATE STUDIOS
Pee-Wee White Belt Requirements

Pee-Wee: 4-5

1. HOURS: 10 (*CLASS PARTICIPATION PLUS REPORTED PRACTICE)
2. TESTING FEE: NONE - MEMBER CHUN KUK DO (\$25.00 ANNUAL FEE)
3. AVERAGE NO LESS THAN 2 CLASSES PER WEEK
4. CLEAN UNIFORM WITH SCHOOL PATCH (ALL TEST)
5. PHOTOGRAPH ON FILE IN OFFICE
6. 6 BASIC TECHNIQUES
7. JAPANESE COUNTING: 1-10
8. ALL COMMANDS
9. SPARRING
10. ATTITUDE/CODE OF ETHICS (2)

VIRGIL DAVIS KARATE STUDIOS
Junior White Belt Requirements

1. CLASSES: 10 (AVERAGE AT LEAST 2.5 CLASSES PER WEEK)
2. OFFICIAL UNIFORM WITH ALL REQUIRED PATCHES (ALL TEST)
3. TESTING FEE: \$40.00
4. MEMBER CHUN KUK DO: \$25.00 ANNUAL FEE
5. CODE OF ETHICS: 1-4
6. JAPANESE COUNTING: 1-10
7. STUDENT CREED
8. STRIKING PARTS OF HAND: 1ST TWO KNUCKLES
9. STRIKING PARTS OF FOOT:
 - A. BALL OF FOOT - FRONT KICK
 - B. BLADE OF FOOT - SIDE KICK
10. HAND TECHNIQUES: 6 BASIC TECHNIQUES
11. BLOCKING TECHNIQUES: 12 MOVEMENTS
12. KICKING TECHNIQUES: FRONT KICK/SIDE KICK
13. DEFENSE AGAINST CHOKING ATTACK:
 - A. SINGLE ELBOW DEFENSE
 - B. SPINNING ELBOW DEFENSE
14. KAMSAH

VIRGIL DAVIS KARATE STUDIOS
White Belt Requirements

1. HOURS: 10 (*CLASS PARTICIPATION PLUS REPORTED PRACTICE)
2. TESTING FEE: NONE - MEMBER CHUN KUK DO (\$25.00 ANNUAL FEE)
3. AVERAGE NO LESS THAN 2 CLASSES PER WEEK
4. CLEAN UNIFORM WITH SCHOOL PATCH (ALL TESTS)
5. PHOTOGRAPH ON FILE IN OFFICE
6. DEFINITIONS TO KARATE CREED FILED IN OFFICE
7. TERMS YOU SHOULD KNOW:

A. KARATE - EMPTY HAND	E. TANG SOO DO - ART OF THE KNIFE HAND
B. CHARYUT - ATTENTION	F. JUN BI - READY POSITION
C. KYUNG NE - BOW	G. DOMO ARAGO GAMAS - THANK YOU VERY MUCH
D. SHO - AT EASE	
8. JAPANESE COUNTING: 1-10
9. KATA: KAM SA
10. 12 MOVEMENTS
11. 6 WHITE BELT BASICS
 - A. DEFENSIVE & OFFENSIVE
 - B. PEE WEE (4-6) JRS. (7-12): DEFENSIVE
12. SELF-DEFENSE: Chokes: 1-3
13. ATTITUDE/CODE OF ETHICS (3)

VIRGIL DAVIS KARATE STUDIOS
Pee-Wee Yellow Belt Requirements

Pee-Wee: 4-5

1. HOURS: 20 (*CLASS PARTICIPATION PLUS REPORTED PRACTICE)
2. TESTING FEE: \$40.00 - MEMBER CHUN KUK DO (\$25.00 ANNUAL FEE)
3. AVERAGE NO LESS THAN 2.5 CLASSES PER WEEK
4. CLEAN UNIFORM WITH SCHOOL PATCH (ALL TESTS)
5. 6 BASIC TECHNIQUES: BOTH SIDES
6. JAPANESE COUNTING: 1-10
7. BASIC COMBINATIONS:
 - A. 1,2
 - B. 1,2,4
 - C. HIGH BLOCK/REVERSE PUNCH
 - D. HIGH BLOCK/REVERSE PUNCH/FRONT KICK OFF BACK LEG
8. ATTITUDE/CODE OF ETHICS (2)

VIRGIL DAVIS KARATE STUDIOS
Junior Yellow Belt Requirements

1. CLASSES: 18 (6 WEEKS MINIMUM - AVERAGE NO LESS THAN 2.5 CLASSES PER WEEK)
2. CLEAN OFFICIAL UNIFORM WITH ALL REQUIRED PATCHES
3. TESTING FEE: \$40.00
4. MEMBER CHUN KUK DO: \$25.00 ANNUAL FEE
5. CODE OF ETHICS: 1-4
6. JAPANESE COUNTING: 1-10
7. STUDENT CREED
8. STRIKING PARTS OF HAND:
 - A. FIRST TWO KNUCKLES
 - B. BACK FIST
 - C. PALM HEEL
 - D. RIDGE HAND
 - E. SPEAR HAND
 - F. BLADE
9. STRIKING PARTS OF FOOT:
 - A. BALL OF THE FOOT
 - B. HEEL
 - C. INSTEP
 - D. BLADE
10. HAND TECHNIQUES: PUNCHING
 - A. JAB
 - B. REVERSE PUNCH
 - C. RIDGE HAND
 - D. PALM HEEL
11. BLOCKING TECHNIQUES: 12 MOVEMENTS
12. KICKING TECHNIQUES: FRONT KICK/SIDE KICK
13. STANCES:
 - A. FORWARD/FRONT
 - B. BACK
14. REQUIRED COMBINATIONS: SET 1
15. DEFENSE AGAINST CHOKING:
 - A. SINGLE ELBOW DEFENSE
 - B. SPINNING ELBOW DEFENSE
16. BEAR HUGS FROM BEHIND
 - A. ELBOW/TAKEDOWN/PUNCH
 - B. LEG GRAB/KICK TO GROIN
17. RHYTHM SPARRING
18. GICHO HYUNG IL BU - BASIC FORM # 1

VIRGIL DAVIS KARATE STUDIOS
Yellow Belt Requirements

1. CLASSES: 18 [6 WEEKS MINIMUM - AVERAGE NO LESS THAN 2.5 CLASSES PER WEEK]
2. CLEAN OFFICIAL UNIFORM WITH ALL REQUIRED PATCHES
3. TESTING FEE: \$40.00
4. MEMBER CHUN KUK DO [\$25.00 ANNUAL FEE]
5. CODE OF ETHICS: 1-6
6. TERMINOLOGY:
 - A. DAN
 - B. GUP
 - C. DOJANG/DAN
 - D. KATA
 - E. DORA
 - F. KARATEKA
 - G. SAH-BOM/SENSEI
 - H. SAH-BOM-NIM/SHIHAN
7. JAPANESE COUNTING: 1-10
8. PURPOSE OF KATA: 1-2
9. STUDENT CREED
10. STRIKING PARTS OF HAND:
 - A. FORE FIST
 - B. BACK FIST
 - C. BOTTOM FIST
 - D. RIDGE HAND
 - E. PALM HEEL
 - F. KNIFE-HAND
 - G. SPEAR-HAND
 - H. BLADE
11. STRIKING PARTS OF FOOT:
 - A. BALL OF FOOT
 - B. HEEL
 - C. INSTEP
 - D. BLADE/KNIFE EDGE
 - E. SOLE
12. HAND TECHNIQUES:
 - A. PUNCHING:
 1. REVERSE PUNCH
 2. JAB
 3. PALM HEEL
 4. SPEAR HAND
 5. STEPPING CENTER PUNCH
 - B. STRIKING:
 1. BACK FIST
 2. RIDGE HAND
 3. BOTTOM FIST
 4. KNIFE HAND
13. BLOCKING TECHNIQUES:
 - A. HIGH
 - B. LOW
 - C. INSIDE
 - D. OUTSIDE
 - E. KNIFE
14. KICKING TECHNIQUES:
 - A. STANDING FRONT KICK FRONT LEG
 - B. STANDING FRONT KICK BACK LEG
 - C. SLIDE UP FRONT KICK
 - D. STEPPING FRONT KICK
15. STANCES: FRONT/BACK
16. REQUIRED COMBINATIONS: SET 1
17. DEFENSE AGAINST CHOKING ATTACK:
 - A. SINGLE ELBOW DEFENSE
 - B. SPINNING ELBOW DEFENSE
 - C. ARM LOCK TAKE DOWN DEFENSE
18. BEAR HUG FROM BEHIND: ELBOW/TAKEDOWN & LEG GRAB/KICK TO GROIN
19. RHYTHM SPARRING: 8 COUNT
20. GIECHO HYUNG IL BU [BASIC FORM # 1]

VIRGIL DAVIS KARATE STUDIOS
Pee-Wee Purple Belt Requirements

Pee-Wee: 4-5

1. HOURS: 20 MINIMUM (AFTER PASSING YELLOW BELT TEST)
2. TESTING FEE: \$40.00 - MEMBER CHUN KUK DO (\$25.00 ANNUAL FEE)
3. AVERAGE NO LESS THAN 2.5 CLASSES PER WEEK
4. 6 BASIC TECHNIQUES: BOTH SIDES
5. ALL COMMANDS
6. KATA: KAMSAH
7. COMBINATIONS
8. SELF-DEFENSE
9. ATTITUDE/CODE OF ETHICS (2)

VIRGIL DAVIS KARATE STUDIOS
Junior Purple Belt Requirements

1. CLASSES: 18 (AVERAGE NO LESS THAN 2.5 CLASSES PER WEEK)
2. CLEAN OFFICIAL UNIFORM WITH ALL REQUIRED PATCHES
3. TESTING FEE: \$40.00
4. MEMBER CHUN KUK DO: \$25.00 ANNUAL FEE
5. CODE OF ETHICS: 1-6
6. TERMINOLOGY:
 - A. KUMITE
 - B. DOMO ARAGATO GAZAMUS
 - C. DAN/GUP
 - D. DORA
7. HAND TECHNIQUES:
 - A. SAN JU WAZA
 - B. 6 POINT ELBOW DRILL
8. KICKING TECHNIQUES:
 - A. ROUNDHOUSE OFF FRONT LEG
 - B. ROUNDHOUSE OFF REAR LEG
 - C. JUMPING/FAKE ROUNDHOUSE
9. REQUIRED COMBINATIONS: SET 2
10. HORSE/STRADDLE LEG STANCE
11. BASIC SELF DEFENSE:
 - A. HAIR GRAB
 - B. ONE ARM CHOKE
 - C. SINGLE LAPEL GRAB
 - D. DOUBLE LAPEL GRAB
12. UKEMIS:
 - A. MAI UKEMI
 - B. YOKO UKEMI
 - C. USHIRO UKEMI
13. GIECHO HYUNG IL BU SANG GUP - BASIC FORM # 1 ADVANCED

VIRGIL DAVIS KARATE STUDIOS
Purple Belt Requirements

1. CLASSES: 18 [AVERAGE NO LESS THAN 2.5 CLASSES PER WEEK]
2. CLEAN OFFICIAL UNIFORM WITH ALL REQUIRED PATCHES
3. TESTING FEE: \$40.00
4. MEMBER CHUN KUK DO [\$25.00 ANNUAL FEE]
5. CODE OF ETHICS: 1-9
6. TERMINOLOGY:
 - A. KUMITE
 - B. DOMO ARAGATO GAZAMUS
 - C. DAN/GUP
 - D. DORA
7. 15 POSITIVE WORDS OF EACH DAY
8. PURPOSE OF KATA: 1-4
9. KARATE CREED
10. HAND TECHNIQUES:
 - A. STEPPING SIDE PUNCH
 - B. SPINNING BOTTOM FIST
 - C. REINFORCED HIGH/LOW CHOPS
11. 6 POINT ELBOW DRILL
12. PAT-CARRY TECHNIQUES
13. SAN JU WAZA
14. REQUIRED COMBINATION: SET 2
15. KICKING TECHNIQUES:
 - A. FRONT LEG ROUNDHOUSE KICK
 - B. REAR LEG ROUNDHOUSE KICK
 - C. JUMPING/FAKE ROUNDHOUSE KICK
 - D. SLIDE UP ROUNDHOUSE KICK
16. SIDE STRADDLE LEG STANCE
17. SELF DEFENSE:
 - A. HAIR GRAB
 - B. ONE ARM CHOKE
 - C. SINGLE LAPEL GRAB
 - D. DOUBLE LAPEL GRAB
18. GROUND FIGHTING TECHNIQUES:
 - A. BEHIND KNEE TAKE DOWN
 - B. BELOW KNEE TAKE DOWN
 - C. INSIDE CLIP ATTACK
19. UKEMIS:
 - A. MAI UKEMI
 - B. YOKO UKEMI
 - C. USHIRO UKEMI
20. GIECHO HYUNG YI BU SANG GUP [BASIC FORM # 2]

VIRGIL DAVIS KARATE STUDIOS
Pee-Wee Orange Belt Requirements

Pee-Wee: 4-5

1. HOURS: 40 MINIMUM (CP & RP)
2. TESTING FEE: \$40.00 - MEMBER CHUN KUK DO (\$25.00 ANNUAL FEE)
3. AVERAGE NO LESS THAN 2.5 CLASSES PER WEEK
4. KATA:
 - A. KAMSAH
 - B. GIECHO HYUNG IL BU (BY COMMAND)
5. 6 BASIC TECHNIQUES
6. JAPANESE COUNTING: 1-10
7. ALL COMMANDS
8. ATTITUDE/CODE OF ETHICS (3)

VIRGIL DAVIS KARATE STUDIOS
Junior Orange Belt Requirements

1. CLASSES: 20 (AVERAGE NO LESS THAN 2.5 CLASSES PER WEEK)
2. CLEAN OFFICIAL UNIFORM WITH ALL REQUIRED PATCHES
3. TESTING FEE: \$40.00
4. MEMBER CHUN KUK DO: \$25.00 ANNUAL FEE
5. CODE OF ETHICS: 1-8
6. DAVIS KARATE CREED
7. HAND TECHNIQUES:
 - A. UPPERCUT
 - B. HOOK
 - C. RIGHT CROSS
 - D. 6 COUNT HAND DRILL
8. KICKING TECHNIQUES:
 - A. JUMPING FRONT
 - B. JUMPING ROUNDHOUSE
 - C. TWO KICK COMBINATIONS BY COMMAND
 - D. PHASE KICKS: FRONT (1-6)
9. MOVING 12 MOVEMENTS: PHASE 1 & 2
10. REQUIRED COMBINATIONS: SET 2
11. DEFENSE AGAINST GRABBING TECHNIQUES:
 - A. TWO HAND CHOKE HOLD FROM BEHIND
 - B. ONE ARM CHOKE FROM BEHIND
 - C. FULL NELSON
 - D. HEAD LOCK
 - E. HAIR GAB (FRONT/SIDE)
12. GIECHO HYUNG IL BU - BASIC FORM # 2

VIRGIL DAVIS KARATE STUDIOS
Orange Belt Requirements

1. CLASSES: 20 [AVERAGE NO LESS THAN 2.5 CLASSES PER WEEK]
2. CLEAN OFFICIAL UNIFORM WITH ALL REQUIRED PATCHES
3. TESTING FEE: \$40.00
4. MEMBER CHUN KUK DO [\$25.00 ANNUAL FEE]
5. CODE OF ETHICS: 1-12
6. SUCCESS FORMULA
7. 8 STEPS FOR ACHIEVING GOALS
8. HAND TECHNIQUES:
 - A. UPPERCUT
 - B. HOOK
 - C. RIGHT CROSS
 - D. 6 COUNT HAND DRILL
9. KICKING TECHNIQUES:
 - A. JUMPING FRONT
 - B. JUMP ROUNDHOUSE
 - C. TWO KICK COMBINATIONS BY COMMAND
 - D. PHASE KICKS: 1-6 [FRONT/ROUND]
10. MOVING 12 MOVEMENTS: PHASE 1 & 2
11. REQUIRED COMBINATIONS: SET 2
12. DEFENSE AGAINST GRABBING TECHNIQUES:
 - A. TWO HAND CHOKE HOLD FROM BEHIND
 - B. ONE ARM CHOKE FROM BEHIND
 - C. FULL NELSON
 - D. HEAD LOCK
 - E. HAIR GRAB [FRONT/SIDE]
13. GIECHO HYUNG SAHM BU

VIRGIL DAVIS KARATE STUDIOS
Pee-Wee Blue Belt Requirements

Pee-Wee: 4-5

1. HOURS: 40 MINIMUM (CP & RP)
2. TESTING FEE: \$40.00 - MEMBER CHUN KUK DO (\$25.00 ANNUAL FEE)
3. AVERAGE NO LESS THAN 2.5 CLASSES PER WEEK
4. KATA:
 - A. GIECHO HYUNG IL BU
 - B. GIECHO HYUNG YI BU
5. 6 BASIC TECHNIQUES
6. 12 MOVEMENTS/MOVING: PHASE 1
7. REQUIRED COMBINATIONS: SET 1
8. ATTITUDE/CODE OF ETHICS (4)

VIRGIL DAVIS KARATE STUDIOS
Junior Blue Belt Requirements

1. CLASSES: 20 (AVERAGE NO LESS THAN 2.5 CLASSES PER WEEK)
2. CLEAN UNIFORM WITH ALL REQUIRED PATCHES
3. TESTING FEE: \$40.00
4. MEMBER CHUN KUK DO: \$25.00 ANNUAL FEE
5. CODE OF ETHICS: 1-10
6. 6 GIFTS YOU CAN GIVE ALL YEAR LONG
7. ABC'S OF SUCCESS (A-M)
8. ATTACKING TECHNIQUES:
 - A. HANDS ONLY
 - B. KICKS ONLY
 - C. COMBINATIONS: HANDS & KICKS
9. KICKING TECHNIQUES:
 - A. BACK KICK
 1. STANDING
 2. STEPPING
 3. SPINNING
 - B. CRESCENT KICK
 1. INSIDE
 2. OUTSIDE
10. PAD DRILLS BY COMMAND
11. MOVING 12 MOVEMENTS: PHASE 3 & 4
12. REQUIRED COMBINATIONS: SET 2
13. SINGLE COUNTERS: 1-6
14. ONE STEP SINGLE COUNTER TECHNIQUES: 4
15. SELF DEFENSE FROM GRABBING TECHNIQUES
 - A. WRIST
 - B. ONE ARM CHOKE
 - C. SHOULDER/FRONT
 - D. SHOULDER/REAR
16. GIECHO HYUNG YI BU SANG GUP - BASIC FORM # 2 ADVANCED

VIRGIL DAVIS KARATE STUDIOS
Blue Belt Requirements

1. CLASSES: 20 (AVERAGE NO LESS THAN 2.5 CLASSES PER WEEK)
2. CLEAN OFFICIAL UNIFORM WITH ALL REQUIRED PATCHES.
3. TESTING FEE: \$40.00
4. MEMBER CHUN KUK DO (\$25.00 ANNUAL FEE)
5. 6 GIFTS YOU CAN GIVE ALL YEAR LONG
6. ABC'S OF SUCCESS (A-M)
7. AFAF CREED: 1-4
8. ATTACKING TECHNIQUES:
 - A. HANDS ONLY
 - B. KICKS ONLY
 - C. COMBINATIONS (HANDS/KICKS)
9. KICKING TECHNIQUES:
 - A. BACK KICK
 1. STANDING
 2. STEPPING
 3. SPINNING
 - B. CRESCENT KICK
 1. INSIDE
 2. OUTSIDE
10. PAD DRILLS BY COMMAND
11. MOVING 12 MOVEMENTS: PHASE 3 & 4
12. REQUIRED COMBINATIONS: SET 2
13. ONE STEP PUNCHING: 2 LEFT & RIGHT
14. SINGLE COUNTERS: 1-6
15. JOINT LOCKS FROM GRABBING TECHNIQUES:
 - A. WRIST
 - B. ELBOW
 - C. SHOULDER
16. PYONG AN CHO DAN

VIRGIL DAVIS KARATE STUIDOS

Junior 6th Green Belt Requirements

1. CLASSES: 30 (AVERAGE NO LESS THAN 2.5 CLASSES PER WEEK)
2. CLEAN OFFICIAL TRIMMED UNIFORM WITH ALL REQUIRED PATCHES
3. TESTING FEE: \$50.00
4. MEMBER CHUN KUK DO: \$25.00 ANNUAL FEE
5. CODE OF ETHICS: 1-12
6. ABC'S OF SUCCESS: A-Z
7. HAND TECHNIQUES:
 - A. 6 POINT ELBOW DRILL
 - B. APPLICATIONS OF 6 POINT ELBOW DRILL
 - C. SPINNING BOTTOM/BACK FIST
8. KICKING TECHNIQUES: PHASE KICKS: SIDE (1-6)
9. MOVING 12 MOVEMENTS: PHASE 5 & 6
10. REQUIRED COMBINATIONS: SET 3
11. ONE STEP PUNCHING: 4 LEFT & RIGHT
12. MULTI-DIRECTIONAL ADVANCED DRILLS: PHASE 1
13. DOUBLE COUNTERS: 1-6
14. GIECHO HYUNG SAHM BU & PYONG AN CHO DAN

VIRGIL DAVIS KARATE STUDIOS

Junior 5th Green Belt Requirements

1. CLASSES: 30 (AVERAGE NO LESS THAN 2.5 PER WEEK)
2. CLEAN OFFICIAL TRIMMED UNIFORM WITH ALL REQUIRED PATCHES
3. CODE OF ETHICS: 1-12
4. CODE OF CONDUCT: 1-4
5. ATTACKING TECHNIQUES WITH PARTNER:
 - A. COMBINATIONS
 - B. BLITZING (3 TECHNIQUES)
 - C. JAMMING
6. KICKING TECHNIQUES:
 - A. HOOK KICK
 1. STANDING
 2. SLIDE UP
 - B. AXE KICK
 1. DEFENSIVE
 2. OFFENSIVE
7. MULTI-DIRECTIONAL ADVANCE DRILLS: PHASE 2
8. REQUIRED COMBINATIONS: SET 4
9. ONE STEP PUNCHING: 6 LEFT & RIGHT WITH TAKE DOWN
10. TAKEDOWNS:
 - A. INSIDE LEG SWEEP
 - B. OUTSIDE LEG SWEEP
 - C. DOUBLE LEG SWEEP
 - D. INSIDE/OUTSIDE TAKEDOWN
11. AIKIDO TECHNIQUES:
 - A. INSIDE/OUTSIDE TRAP TAKEDOWN
 - B. INSIDE/OUTSIDE STICK DEFENSE
 - C. CROSS WRIST
 - D. OUTSIDE HAND FLEX
12. TRIPLE COUNTER DRILLS: 1-6
13. PYONG AN YI DAN

VIRGIL DAVIS KARATE STUDIOS
5th Green Belt Requirements

1. CLASSES: 30 (AVERAGE NO LESS THAN 2.5 CLASSES PER WEEK)
2. ASSISTANT INSTRUCTION HOURS: 15
3. CLEAN OFFICIAL UNIFORM TRIMMED WITH ALL REQUIRED PATCHES
4. TESTING FEE: \$40.00
5. MEMBER CHUN KUK DO (\$25.00 ANNUAL FEE)
6. CODE OF CONDUCT: 1-10
7. ATTACKING TECHNIQUES WITH PARTNER:
 - A. COMBINATIONS
 - B. BLITZING (3 TECHNIQUES)
 - C. JAMMING
8. KICKING TECHNIQUES:
 - A. HOOK KICK
 1. STANDING
 2. SLIDE UP
 - B. AXE KICK
 1. DEFENSIVE
 2. OFFENSIVE
9. MULTI-DIRECTIONAL ADVANCE DRILLS: PHASE 2
10. REQUIRED COMBINATIONS: SET 4
11. ONE STEP PUNCHING: 6 LEFT & RIGHT WITH TAKE DOWN
12. TAKEDOWNS:
 - A. INSIDE LEG SWEEP
 - B. OUTSIDE LEG SWEEP
 - C. DOUBLE LEG SWEEP
 - D. INSIDE/OUTSIDE TAKEDOWN
13. AKIDO TECHNIQUES:
 - A. INSIDE/OUTSIDE TRAP TAKEDOWN
 - B. INSIDE/OUTSIDE STICK DEFENSE
 - C. CROSS WRIST
 - D. OUTSIDE HAND FLEX
14. TRIPLE COUNTER DRILLS: 1-6
15. GRAPPLING TECHNIQUES:
 - A. MOUNT
 - B. CROSS ARM BAR
 - C. ARM EXTENSION LOCK
 - D. BOTTOM MOUNT DEFENSE
16. DEFENSE AGAINST KNIFE:
 - A. OVERHEAD STAB
 - B. THRUST
 - C. SLASH
 - D. BODY POINT
17. PYONG AN SHAM DAN

VIRGIL DAVIS KARATE STUDIOS

Junior 4th Brown Belt Requirements

1. CLASSES: 34 (AVERAGE NO LESS THAN 2.5 CLASSES PER WEEK)
2. CLEAN OFFICIAL UNIFORM TRIMMED WITH ALL REQUIRED PATCHES
3. TESTING FEE: \$50.00
4. MEMBER CHUN KUK DO: \$25.00 ANNUAL FEE
5. CODE OF CONDUCT: 1-6
6. MULTI-DIRECTIONAL ATTACKING TECHNIQUES:
 - A. HANDS
 - B. FEET
 - C. HANDS & FEET
7. KICKING TECHNIQUES:
 - A. SPINNING
 1. CRESCENT
 2. HOOK
 3. DOUBLE INSIDE SPINNING CRESCENT
 - B. PHASE KICKS: CRESCENT (1-6)
8. MULTI-DIRECTIONAL ADVANCE DRILLS: PHASE 3
9. REQUIRED COMBINATIONS: SET 5
10. ONE STEP PUNCHING: 8 LEFT & RIGHT WITH TAKE DOWN/ 4 SUBMISSION TECHNIQUES
11. AIKIDO TECHNIQUES:
 - A. ONE ARM V-LOCK
 - B. 2 DIRECTIONAL THROW
 - C. INSIDE HAND FLEX
 - D. ARM BAR DOUBLE LEG TAKEDOWN
12. SPARRING:
 - A. ATTACKING
 - B. DEFENDING
 - C. BLOCK COUNTERS
 - D. FOOTWORK/RHYTHM/TIMING
13. PYONG AN SAHM DAN

VIRGIL DAVIS KARATE STUDIOS
4th Brown Belt Requirements

1. CLASSES: 34 (AVERAGE NO LESS THAN 2.5 CLASSES PER WEEK)
2. ASSISTANT INSTRUCTION HOURS: 15
3. CLEAN OFFICIAL UNIFORM TRIMMED WITH ALL REQUIRED PATCHES
4. TESTING FEE: \$50.00
5. MEMBER CHUN KUK DO (\$25.00 ANNUAL FEE)
6. RESPONSIBLE FOR ALL PREVIOUS PHILOSOPHICAL CONCEPTS
7. MULTI-DIRECTIONAL ATTACKING TECHNIQUES:
 - A. HANDS
 - B. FEET
 - C. HANDS & FEET
8. KICKING TECHNIQUES:
 - A. SPINNING
 1. CRESCENT
 2. HOOK
 3. DOUBLE INSIDE SPINNING CRESCENT
 - B. PHASE CRESCENT: 1-6
9. MULTI-DIRECTIONAL ADVANCED DRILLS: PHASE 3
10. REQUIRED COMBINATIONS: SET 5
11. ONE STEP PUNCHING: 8 LEFT & RIGHT WITH TAKEDOWNS/4 SUBMISSION TECHNIQUES
12. GRAPPLING:
 - A. MOUNT
 - B. SNAKE FINISH
 - C. PUSH/PULL SLEEPER CHOKE
 - D. CROSS BAR/EXTENSION COMBINATION
13. AKIDO TECHNIQUES:
 - A. ONE ARM V-LOCK
 - B. 2 DIRECTIONAL THROW
 - C. INSIDE HAND FLEX
 - D. ARM BAR DOUBLE LEG TAKEDOWN
14. SPARRING:
 - A. ATTACKING
 - B. DEFENDING
 - C. BLOCK COUNTERS
 - D. FOOTWORK/RHYTHM/TIMING
15. PYONG AN SA DAN

VIRGIL DAVIS KARATE STUDIOS
Junior 3rd Brown Belt Requirements

1. CLASSES: 34 (AVERAGE NO LESS THAN 2.5 CLASSES PER WEEK)
2. CLEAN OFFICIAL UNIFORM TRIMMED WITH ALL REQUIRED PATCHES
3. TESTING FEE: \$50.00
4. MEMBER CHUN KUK DO: \$25.00 ANNUAL FEE
5. CODE OF CONDUCT: 1-8
6. KICKING TECHNIQUES: JUMP SPINNING
 - A. CRESCENT
 - B. HOOK
 - C. INSIDE CRESCENT WITH FAKE
7. MULTI-DIRECTIONAL ADVANCE DRILLS: PHASE 3
8. REQUIRED COMBINATIONS: SETS 1 - 5
9. ONE STEP PUNCHING: 8 LEFT & RIGHT WITH TAKE DOWN/4 SUBMISSION TECHNIQUES
10. JUDO THROWS:
 - A. HIP NAGEWAZA
 - B. IPPON SEO NAGE
 - C. KOUCHI GARI NAGEWAZA
 - D. OSOTO GARI
11. SPARRING:
 - A. ATTACKING
 - B. DEFENDING
 - C. BLOCK COUNTERS
 - D. FOOTWORK/RHYTHM/TIMING
12. PYONG AN SA DAN

VIRGIL DAVIS KARATE STUDIOS
3rd Brown Belt Requirements

1. CLASSES: 34 (AVERAGE NO LESS THAN 2.5 CLASSES PER WEEK)
2. ASSISTANT INSTRUCTION HOURS: 15
3. CLEAN WHITE UNIFORM TRIMMED WITH REQUIRED PATCHES
4. TESTING FEE: \$50.00
5. MEMBER CHUN KUK DO (\$25.00 ANNUAL FEE)
6. RESPONSIBLE FOR ALL PREVIOUS PHILOSOPHICAL CONCEPTS
7. KICKING TECHNIQUES:
 - A. JUMP SPINNING CRESCENT
 - B. JUMP SPINNING HOOK
 - C. JUMP SPINNING INSIDE CRESCENT WITH FAKE
8. MULTI-DIRECTIONAL ADVANCE DRILLS: PHASE 4
9. REQUIRED COMBINATIONS: SET 1-5
10. ONE STEP PUNCHING: 8 LEFT & RIGHT WITH TAKE DOWN/4 SUBMISSION TECHNIQUES
11. AKIDO: 4 COUNT AKIDO TECHNIQUES
 - A. SNAKE FINISH
 - B. STANDING ARM BAR FINISH
 - B. ARM EXTENSION FINISH
12. JUDO THROWS:
 - A. HIP NAGEWAZA
 - B. IPPON SEO NAGE
 - C. KOUCHI GARI NAGEWAZA
 - D. OSOTO GARI
13. SPARRING:
 - A. ATTACKING
 - B. DEFENDING
 - C. BLOCK COUNTERS
 - D. FOOTWORK/RHYTHM/TIMING
14. PYONG AN OH DAN

VIRGIL DAVIS KARATE STUDIOS
Junior 2nd Red Belt Requirements

1. CLASSES: 34 (AVERAGE NO LESS THAN 2.5 CLASSES PER WEEK)
2. CLEAN OFFICIAL UNIFORM TRIMMED WITH ALL REQUIRED PATCHES
3. TESTING FEE: \$50.00
4. MEMBER CHUN KUK DO: \$25.00 ANNUAL FEE
5. CODE OF CONDUCT: 1-10
6. ORAL PRESENTATION: GOAL SETTING
7. MANDATORY "B" AVERAGE IN SCHOOL
8. ALL HAND TECHNIQUES
9. ALL KICKING TECHNIQUES
10. ALL REQUIRED COMBINATIONS
11. MOVING 12 MOVEMENTS: ALL PHASES
12. BOARD BREAK BY COMMAND
13. MULTI-DIRECTIONAL ADVANCE DRILLS: PHASE 4
14. ONE STEP PUNCHING: 10 LEFT & RIGHT WITH TAKE DOWNS INCLUDING 6 SUBMISSION TECHNIQUES
15. THREE STEP PUNCHING DRILLS: 5
16. FREESTYLE GRAPPLING KUMITE: 1 MINUTE ROUND
17. 6 MADE UP AIKIDO DEFENSE DRILLS
18. SPARRING:
 - A. ATTACKING
 - B. DEFENDING
 - C. BLOCK COUNTERS
 - D. FOOTWORK/RHYTHM/TIMING
19. PYONG AN OH DAN & UFAF 1 (PART 1 & 2)

VIRGIL DAVIS KARATE STUDIOS
2nd Red Belt Requirements

1. CLASSES: 34 (AVERAGE NO LESS THAN 2.5 CLASSES PER WEEK)
2. ASSISTANT INSTRUCTION HOURS: 20
3. CLEAN OFFICIAL UNIFORM TRIMMED WITH ALL REQUIRED PATCHES
4. TESTING FEE: \$50.00
5. MEMBER CHUN KUK DO (\$25.00 ANNUAL FEE)
6. RESPONSIBLE FOR ALL PREVIOUS PHILOSOPHICAL CONCEPTS
7. 100 WORD ESSAY: GOAL SETTING
8. ALL HAND TECHNIQUES
9. ALL KICKING TECHNIQUES
10. ALL REQUIRED COMBINATIONS
11. MOVING 12 MOVEMENTS: ALL PHASES
12. DOUBLE BOARD BREAK BY COMMAND
13. MULTI-DIRECTIONAL ADVANCE DRILLS: PHASE 5
14. ONE STEP PUNCHING: 10 LEFT & RIGHT WITH TAKE DOWNS INCLUDING 6 SUBMISSION TECHNIQUES
15. THREE STEP PUNCHING DRILLS: 5
16. 6 MADE UP AKIDO DEFENSE DRILLS
17. DEFENSE AGAINST WEAPONS:
 - A. KNIFE
 - B. STICK
 - C. GUN
18. SPARRING:
 - A. ATTACKING
 - B. DEFENDING
 - C. BLOCK COUNTERS
 - D. FOOTWORK/RHYTHM/TIMING
19. UFAF 1 (PART 1 & 2)

VIRGIL DAVIS KARATE STUDIOS
Junior 1st Red Belt Requirements

1. CLASSES: 34 (AVERAGE NO LESS THAN 2.5 CLASSES PER WEEK)
2. ASSISTANT INSTRUCTION HOURS: 15
3. CLEAN OFFICIAL UNIFORM TRIMMED WITH ALL REQUIRED PATCHES
4. TEST FEE: \$50.00
5. MEMBER CHUN KUK DO: \$25.00 ANNUAL FEE
6. RESPONSIBLE FOR ALL PREVIOUS PHILOSOPHICAL CONCEPTS
7. ORAL PRESENTATION: SELF ESTEEM
8. MANDATORY "B" AVERAGE ON REPORT CARDS
9. ALL HAND TECHNIQUES
10. ALL KICKING TECHNIQUES
11. ALL REQUIRED COMBINATIONS
12. MOVING 12 MOVEMENTS: ALL PHASES
13. BOARD BREAKING BY COMMAND
14. MULTI-DIRECTIONAL ADVANCED DRILLS: PHASE 5
15. ONE STEP PUNCHING: 10 LEFT & RIGHT WITH TAKE DOWNS INCLUDING 6 SUBMISSION TECHNIQUES
16. THREE STEP PUNCHING DRILLS WITH TAKE DOWNS: 5
17. FREESTYLE GRAPPLING KUMITE: 1 MINUTE ROUND
18. 6 MADE UP AIKIDO DEFENSE DRILLS
19. SPARRING:
 - A. ATTACKING
 - B. DEFENDING
 - C. BLOCK COUNTERS
 - D. FOOTWORK/RHYTHM/TIMING
20. UFAF 2 & CHO YI SAN RO

VIRGIL DAVIS KARATE STUDIOS
1st Red Belt Requirements

1. CLASSES: 34 (AVERAGE NO LESS THAN 2.5 CLASSES PER WEEK)
2. ASSISTANT INSTRUCTION HOURS: 20
3. CLEAN OFFICIAL UNIFORM TRIMMED WITH ALL REQUIRED PATCHES
4. TESTING FEE: \$50.00
5. MEMBER CHUN KUK DO: \$25.00 ANNUAL FEE
6. RESPONSIBLE FOR ALL PREVIOUS PHILOSOPHICAL CONCEPTS
7. STUDENTS IN SCHOOL: MANDATORY "B" AVERAGE ON REPORT CARDS
8. 100 WORD ESSAY: SELF ESTEEM
9. ALL HAND TECHNIQUES
10. ALL KICKING TECHNIQUES
11. ALL REQUIRED COMBINATIONS
12. MOVING 12 MOVEMENTS: ALL PHASES
13. BOARD SPEED BREAK BY COMMAND
14. MULTI-DIRECTIONAL ADVANCE DRILLS: 1-5
15. ONE STEP PUNCHING: 10 LEFT & RIGHT WITH TAKE DOWNS INCLUDING 6 SUBMISSION TECHNIQUES
16. THREE STEP PUNCHING DRILLS WITH TAKE DOWNS (5)
17. FREESTYLE GRAPPLING KUMITE (2 MINUTE ROUND)
18. 6 MADE UP AKIDO DEFENSE DRILLS
19. DEFENSE AGAINST WEAPONS:
 - A. KNIFE
 - B. STICK
 - C. GUN
20. SPARRING:
 - A. ATTACKING
 - B. DEFENDING
 - C. BLOCK COUNTERS
 - D. FOOTWORK/RHYTHM/TIMING
21. UFAF 2

VIRGIL DAVIS KARATE STUDIOS
Junior Black Belt Requirements

1. CLASSES: 36 (24 WEEKS MINIMUM AS 1ST RED - AVERAGE NO LESS THAN 2.5 CLASSES PER WEEK)
2. ASSISTANT INSTRUCTION HOURS: 20
3. CLEAN OFFICIAL TRIMMED UNIFORM WITH ALL REQUIRED PATCHES
4. TESTING FEE: \$200.00
5. MEMBER CHUN KUK DO: \$25.00 ANNUAL FEE
6. RESPONSIBLE FOR ALL PREVIOUS PHILOSOPHICAL CONCEPTS
7. MANDATORY "B" AVERAGE ON REPORT CARDS
8. 500 WORD WRITTEN ESSAY: "WHAT KARATE HAS MEANT TO ME"
9. ALL HAND TECHNIQUES
10. ALL KICKING TECHNIQUES
11. ALL REQUIRED COMBINATIONS
12. MOVING 12 MOVEMENTS: ALL PHASES
13. BRICK BREAK BY COMMAND
14. ALL MULTI-DIRECTIONAL ADVANCE DRILLS
15. MADE UP ONE STEP PUNCHING: 10 LEFT & RIGHT
16. THREE STEP PUNCHING DRILLS WITH TAKE DOWNS: 8
17. FREESTYLE GRAPPLING KUMITE: 1 MINUTE ROUND
18. MADE UP AIKIDO DEFENSE DRILLS: 8
19. DEFENSE AGAINST WEAPONS:
A. KNIFE C. GUN
B. STICK
20. SPARRING:
A. ATTACKING C. BLOCK COUNTERS
B. DEFENDING D. FOOTWORK/RHYTHM/TIMING
21. BASSAI

NOTICE: STUDENTS ARE RESPONSIBLE FOR ALL PREVIOUS TESTING MATERIAL

THOSE STUDENTS PASSING THE BLACK BELT EXAM WILL NOT RECEIVE A BLACK BELT NATIONAL NUMBER OR CERTIFICATION UNTIL THEY HAVE COMPLETED 75 HOURS OF CLASS INSTRUCTION UNDER MASTER DAVIS.

VIRGIL DAVIS KARATE STUDIOS
Black Belt Requirements

1. CLASSES: 36 (24 WEEKS MINIMUM AS 1ST RED {AVERAGE 2.5 CLASSES WEEK})
2. ASSISTANT INSTRUCTION HOURS: 20
3. CLEAN OFFICIAL UNIFORM TRIMMED WITH ALL REQUIRED PATCHES
4. TESTING FEE: \$200.00
5. MEMBER CHUN KUK DO: \$25.00 ANNUAL FEE
6. RESPONSIBLE FOR ALL PREVIOUS PHILOSOPHICAL CONCEPTS
7. STUDENTS IN SCHOOL: MANDATORY "B" AVERAGE ON REPORT CARDS
8. 500 WORD ESSAY: "WHAT KARATE HAS MEANT TO ME"
9. ALL HAND TECHNIQUES
10. ALL KICKING TECHNIQUES
11. ALL REQUIRED COMBINATIONS
12. MOVING 12 MOVEMENTS: ALL PHASES
13. BRICK BREAK BY COMMAND
14. ALL MULTI-DIRECTIONAL ADVANCE DRILLS
15. MADE UP ONE STEP PUNCHING: 10 LEFT & RIGHT
16. THREE STEP PUNCHING DRILLS WITH TAKE DOWNS (8)
17. FREESTYLE GRAPPLING KUMITE (3 MINUTE ROUND)
18. 8 MADE UP AKIDO DEFENSE DRILLS
19. DEFENSE AGAINST WEAPONS:
 - A. KNIFE
 - B. STICK
 - C. GUN
20. SPARRING:
 - A. ATTACKING
 - B. DEFENDING
 - C. BLOCK COUNTERS
 - D. FOOTWORK/RHYTHM/TIMING
21. BASSAI

STUDENTS ARE RESPONSIBLE FOR ALL PREVIOUS TESTING MATERIAL

THOSE STUDENTS PASSING THE BLACK BELT EXAM WILL NOT RECEIVE A BLACK BELT NATIONAL NUMBER OR CERTIFICATION UNTIL THEY HAVE COMPLETED 75 HOURS OR CLASS INSTRUCTION UNDER MASTER DAVIS.

This Manual printed in February, 1992 supersedes all previous handbooks and informational materials pertaining to the subjects included herein.

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